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| **Garlic and herb plait bread**  Serves: 24 - 30 tastes  Source: Adapted from BBC Good Food.co.uk | |
| **Ingredients**  100 grams Wholemeal flour  400 grams white bakers flour  2 teaspoons dried yeast  1 & ½ teaspoons salt  1 tablespoon soft butter  300 mls luke warm water  2 cloves of garlic, crushed into a paste with ¼ teaspoon salt  2 tablespoons chopped mixed herbs  1 egg, beaten  Extra virgin olive oil to serve | **Equipment**  Large baking tray  Knives  Chopping board  Mixing bowls  Measuring cups and spoons |
| **What to do:**   * Pre heat oven to 200 degrees * Combine flours, salt and yeast in a mixing bowl, rub in the butter * Mix in the crushed garlic and chopped herbs * Make a well in the centre of the flour and pour in the water * Combine the flours and water until you have a soft, not sticky, dough * Put the dough onto a lightly floured surface and knead for 8-10 minutes – or until it feels smooth and elastic * Place the dough in a lightly oiled bowl, cover with cling wrap and allow to prove for 1 hour – or until doubled in volume * Knock back the dough by kneading just 3 or 4 times. You only want to knock out any large air bubbles, too much handling at this stage will lose the dough’s lightness. * Shape the dough by dividing the dough into 6 even pieces. Divide each piece into 3 even pieces. Roll the 3 smaller pieces with your hands into sausage shapes – plumper in the middle and tapering off at each end. Now you are ready to plait. * Lay 2 dough sausages in front of you like an X, then lay the other piece lengthways down the middle of the X. Start to plait from the centre down, left over right, right over left etc. When you reach the end, carefully press the ends together, turn the plait around and complete the other end and press tapered ends together, lay each on a baking tray lined with glad bake. * Cover with a tea towel and allow to rise for 15 minutes * Brush with beaten egg and then bake for 20 – 25 minutes at 200 degrees * Serve warm with little bowls of extra virgin olive oil, for dipping | |